

Welcome to the Family Deployment Preparation Workshop



***"Every Day ...
Better"***

Sequence of Presentations

Squadron & Garrison Commanders	10
Minutes Family Life Chaplain	
20 Minutes Finance	
8 Minutes Personnel Support Battalion & Postal	
Company	9 Minutes Red Cross
	2 Minutes Legal
	8 Minutes 2BCT Message
and Casualty Notification	7 Minutes Break
	10 Minutes TRICARE, Medical
Clinic, & Dental Clinic	9 Minutes Army Community
Service	5 Minutes Social Work
Services	2 Minutes School Liaison
Officer	2 Minutes
Women, Infants, and Children (WIC)	5 Minutes
Provost Marshal's Office	7 Minutes
	Directorate of Logistics
	5 Minutes Family Housing Office
	10 Minutes Squadron Commander's
	5 Minutes



COMMANDER'S OPENING COMMENTS

**INTRODUCTION OF REAR DETACHMENT COMMANDER AND FRLs
INTRODUCTION OF FRG LEADER/S
IMPORTANCE OF FAMILY DATA SHEETS AND UPDATED CONTACT**

CERTAINTY VS. UNCERTAINTY

DEPLOYMENT TIMELINE - UNCERTAIN

COMMUNITY SUPPORT - CERTAIN

SOURCES OF INFORMATION

FDP

FRG MEETINGS - THE FRG IS A SOURCE OF STABILITY

CHAIN OF COMMAND

UNIT AND COMMUNITY TOWN HALL MEETINGS

SIGN UP FOR FAMILY AKO ACCOUNTS (YOU CAN DO IT

INFO

HERE)

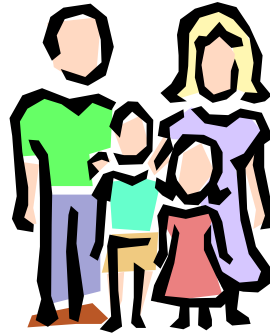


***"Every Day ...
Better"***

US Army Garrison
Schweinfurt

Family Life Chaplain

Spiritual Care
for



Army

Office Assistant

DSN 354-1570



Family Life
Chaplain

354-1570

Family Life Chaplain: 09721-96-6135

***"Every Day ...
Better"***



Deployment Entitlements



Charlie Detachment, 106th Finance Battalion



***"Every Day ...
Better"***

Entitlements

- **Hostile Fire Pay** - \$225.00/per month - One day spent in a designated HFP/IDP area qualifies the member for the entire monthly amount
- **Combat Zone Tax Exclusion** - One day spent in s designated area exempts pay from Federal Income taxes for the entire month
- **Hardship Duty Pay - Location** - All soldiers with duty in Afghanistan for 30 days will be entitled to \$100.00/per month
- **Family Separation Allowance** - \$250.00/per month
- **Per Diem** - \$3.50/per day
- **Basic Allowance for Subsistence (BAS)** - paid while deployed - single soldiers will not get meals deducted

*"Every Day ...
Better"*



Entitlements (cont'd)

- **Basic Allowance for Housing / Overseas Housing Allowance (BAH/OHA)** - Effective 1 October 2005 if dependents return to CONUS or another OCONUS location **at personal expense** the member will continue to receive “with dependent OHA” (if member retains off-post housing at primary duty station). If member does not retain off-post housing at primary duty station, member is not entitled to any type of housing allowance for their dependents (either BAH or OHA).
- Soldiers in this category would seek authorization for EROD in order to receive housing entitlement at the dependents new location.



Entitlements (cont'd)

- **Cost of Living Allowance (COLA)** – Whenever a Soldier's family member(s) return to CONUS for more than 30 days, commander's must submit DA Form 4187 to decrease COLA to the number of dependents remaining at the primary duty station (e.g. 0 dependents)
- Whenever there is a change in the number of dependents (e.g. spouse delivers baby), commanders must submit DA Form 4187 (and substantiating documents) to increase COLA
- **The deployed Soldier's signature is not required.**



Entitlements (cont'd)

- **Savings Deposit Program** – invest up to \$10,000; 10% **annual** interest (compounded quarterly) contribution limited to net monthly net pay (base pay minus taxes, debts and allotments). Payments are not accepted until 31st day in theater.
 - Spouses can make deposits with a Special Power of Attorney via money orders, cashier's check or allotment (preferred method).
- **Special Leave Accrual** SLA is the authority to exceed a 60-day leave balance at the FY. SLA is authorized for soldiers serving in a Hazardous Fire Pay area for at least 120 continuous days. SLA approval for this category is automatic. Leave earned in the months following redeployment is not eligible for SLA unless soldier is in direct support of a deployed mission.



Entitlement Example

	Single (no family members)			Married with two family members		
Entitlement	SPC	SGT	CPT	SPC	SGT	CPT
CZTE (note 1)	\$199.00	\$236.00	\$736.00	\$55.00	\$197.00	\$671.00
Per Diem (note 2)	\$105.00	\$105.00	\$105.00	\$105.00	\$105.00	\$105.00
BAS (additional) (note 3)	\$272.26	\$272.26	\$0.00	\$0.00	\$0.00	\$0.00
HFP (note 4)	\$225.00	\$225.00	\$225.00	\$225.00	\$225.00	\$225.00
FSA II (note 5)	\$0.00	\$0.00	\$0.00	\$250.00	\$250.00	\$250.00
HDL - L (note 6)	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00
Total Per Month	\$901.26	\$938.26	\$1,166.00	\$735.00	\$877.00	\$1,351.00

NOTES:

1. Soldiers in areas designated as combat zones are exempt from paying Federal income tax.
2. All per diem is paid upon travel settlement
3. No meal deductions while deployed
4. Soldiers in HFP areas are entitled to \$225 per month.
5. Payable only to Soldiers with family members.
6. Rates are based on the location and designation of the area. Currently, all soldiers in Iraq are entitled to \$100 per month.



When will you see these Entitlements on your Leave & Earning Statement (LES)?

- **FITW Refund (CZ)**
Combat Zone Tax Exclusion

- **HFP/IDP**
Hostile Fire Pay

- **SAVE PAY**
Hardship Duty Pay - Location

- **BAS**
Basic Allowance for Subsistence

- **FSA**
Family Separation Allowance

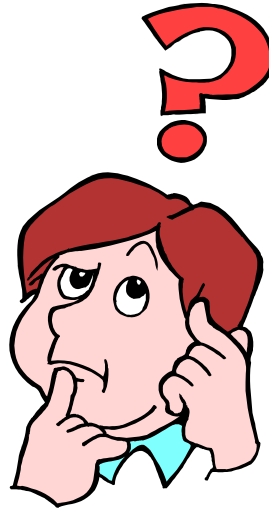
- **Per Diem** – Paid only when the Soldier returns from deployment and is not reflected on the LES. Soldier will submit travel claim during reintegration.

On the End of Month (EOM) LES following the deployment month.

It could take up to 2 months after the deployment month



How to get a LES?



- Request through Rear Detachment or Family Support Group Liaison with a valid Power of Attorney
- MyPay Website: <https://mypay.dfas.mil>



Additional Information

- US ARMY FINANCE OFFICE in Contingency areas do not take “starter” checks for over \$150. Deposits to the Savings Deposit Program (SDP) cannot be made with “starter” checks.

No name and
address
printed

A blank US Army starter check form. The form is light blue with a white border. It includes fields for the check number (9-8878/1234), routing number (0301), date, pay to the order of, amount in dollars, and the name of the financial institution (YOUR FINANCIAL INSTITUTION, ANYTOWN, USA). The bottom of the check features a MICR line (1234567801 0301 12345678) and the text "BLUE SAFETY".

Contact Information

DSN: 354

- Customer Service 09721 – 96 –
1730
- In and Out Processing xxx –
6367
- Separations xxx –
6479
- Travel xxx –
6663



• Detachment 1SG

xxx –

*"Every Day ...
Better"*



Military Personnel Division, DHR

- DEERS / ID Cards / Passports

BLDG 215 (Welcome Center), Ledward Barracks

DSN: 354-6511 or COMM: 09721-96-6511





Passports for Children under 14 Years Old

- All children under 14 yrs of age are required to have both parents' signatures to obtain a new passport. This applies for renewals and birth registrations.
- Soldiers can grant their spouse a Special Power of Attorney (POA) to obtain their child's passport. This POA must specify "passport" or "travel document" for child.
- The deployed sponsor must also provide a copy of the front and back of their military ID





Replacing a Lost, Stolen, Damaged, or Expired ID Card

- A valid power of attorney is required to obtain an initial, lost, stolen, damaged, or expired ID card if the sponsor is absent.
- Individual and/or sponsor must report lost or stolen ID Card to the MP Station, and obtain MP Memo. Without this Memo, the ID Card will not be replaced.
- Two forms of ID (i.e. drivers license, passport) are required for replacement. Credit and debit cards are not proof of ID.





Record of Birth, Passports, & SOFA Services

Mon, Wed, Thu, & Fri: Record of Birth (ROB)

****Morning Appointments Only****



**Passport/SOFA Services
Mon-Fri: 13:00-16:00
-Walk-ins-**

**DSN: 354-6895
CIV: 09721966895**



Temporary Mail Disposition Instructions

- 1. Soldier must provide a DD Form 2258 to their CMR prior to deployment if they don't want their mail delivered to their deployed location.**
- 2. Mail automatically delivered to Soldiers' deployed location (unless they specify otherwise on DD Form 2258).**
- 3. If spouses return to the states during the deployment, they must provide a DD Form 2258 to their CMR.**
- 4. A copy of DD Form 2258 is in your Postal hand out**



US Army Garrison Schweinfurt



**American
Red Cross**



***"Every Day ...
Better"***



24 X 7 Worldwide Emergency

Communications Network

• Emergency messages include:

- Death
- Illness
- Birth
- Breakdown in Child Care
- Financial Hardships

• Non-Emergency messages
include:

- Health & Welfare
- Pre-Birth Notification



Office of the Staff Judge Advocate
Schweinfurt Law Center

Wills, Powers of Attorney & Advanced Medical Directives



Legal Assistance Office

CIV: 09721-96-8384 (DSN 353-8384)

Building 1 (2BCT HQ), Conn Barracks

0900-1600 Monday thru Friday



Powers of Attorney

A POA gives another person authority to make Financial, Legal and Personal Property decisions on your behalf / in your **name**.

3 Different Types of POAs

1. General
2. Special/Specific/Limited



3. Medical
"Every Day ...
Better"



General POAs Schweinfurt

- Allows the agent to do almost anything in your name: withdraw money from your bank account, borrow money in your name, buy and sell property in your name, etc.
- A General POA's scope makes it an extremely dangerous document.
- People hold your world in their hands under your name.

Special POAs

- A special POA only authorizes the agent to do limited acts that you have specifically authorized beforehand.
- For example, "Ship my household goods," or "sell my car."

• It's better to give out 10 limited POAs than 1 General POA!

*"Every Day ...
Paper"*



Wills

- A will is a legal document that controls how your property will be distributed upon your death and who will care for your minor children.
- A WILL IS NOT VALID UNTIL DEATH AND DOES NOT "EXPIRE".

Do you need a Will?

- Short answer: it depends?.
- If married with kids, YES.
- If recently separated or divorced, YES.
- If single parent, YES.
- If single, probably not (unless you want someone other than your parents to get your property).
- If married without kids, probably not.





Advanced Medical Directive

- Sometimes called Living Wills
- In case something happens to you, and you can't make your own medical decisions, an Advanced Medical Directive tells your doctors what to do.
- Usually, executing this document tells the doctors to with
hold life sustaining treatment.
 - Limited brain activity, no hope of recovery and the only reason you're alive is because you're hooked up to a machine.
 - Requires certification by at least two independent doctors.
 - No, being an organ donor does not mean the doctors will not try to help you



Schweinfurt Health Clinic

**LTC Daniel L. Dücker
Commanding
SFC Tyron Sutton
Detachment SGT**



Schweinfurt Health Clinic

Clinic Hours and Phone Numbers

Hours of Operation: M-W, Friday	0800-1800
3 rd Thursdays	1300-1800
Training Holidays	0800-1600
CENTRAL APPOINTMENTS	-09721-96-7901
SOCIAL WORK SERVICES	-09721-96-6276
TRICARE HEALTH BENEFITS ADVISOR	-6638
PATIENT LIAISON	-7016/6155
COMMUNITY HEALTH NURSE	-1750
PHARMACY (Refills)	-6587
PERSONAL HEALTH ADVISOR 24/7) -0800-825-1600 (Toll Free)	



APPOINTMENT GUIDELINES

- **Acute - within 24 hours**
 - colds, fevers, lacerations, possible fractures
- **Routine - within 7 days**
 - lab results, medication refills, follow-ups
- **Wellness - within 28 days**
 - paps, well child check-ups, CYS physicals



Will My TRICARE Change If I Leave the Area?

If traveling out of area **less than 60 days**, you are covered for emergency and urgent care only.

If traveling out of area **60 days or more**, and **within 50 miles of a Medical Treatment Facility (MTF)**, enroll into TRICARE Prime upon arrival.

If **more than 50 miles from a MTF**, default care is TRICARE Standard. This requires payment of a deductible, cost shares, and other fees for each dependent receiving care.

Call the Toll Free number or visit our TRICARE office

to obtain more information **1-888-777-8343**

"Every Day
Better"



After Hours Care

- Unless a life, limb, or eyesight emergency call the
PERSONAL HEALTH ADVISOR (24/7) -0800-825-1600 (Toll free)
- All after hour emergencies must be handled in local facilities: Leopoldina and St. Josef's Krankenhaus
- Patient liaisons from the clinic visit all American's in local facilities on a daily basis (Mon-Fri) and during all life, limb, or eyesight situations (24hrs/day).



Child Supervision Plans

- During appointments at the Health Clinic
- Emergency Care



Enroll all Newborns in DEERS:

Children are not eligible
for TRICARE or other
benefits, until enrolled in
DEERS



Check TRICARE Online to Learn About:

- enrollment
- claims processing
- TRICARE Providers in your area
- location of TRICARE Service Centers

www.tricare.osd.mil

***Select your state for
information***



**US Army Garrison
Schweinfurt**



Schweinfurt Dental Clinic

Dental Clinic Hours **0730-1630 Monday - Friday**
Except Thursday 1300-1630

Sick Call Hours **0730-0900**

Active Duty Exams **0730-1630 Monday - Friday**
Except Thursday 1300-1630

Family Member Exams Scheduled By Appointment
0900-1630 Monday - Friday
Except Thursday 1300-1630
DSN 354-7902

Appointments **DSN 354-7902**
CIV 09721-96-7902



***"Every Day ...
Better"***



Limited Family Member Appointments Are Available

Using the Rolling Calendar Concept



***"Every Day ...
Better"***



Schweinfurt Dental Clinic Tricare Dental Plan

**Family members enrolled in the
TRICARE Dental Program (TDP)
can seek dental treatment from
an approved host nation
provider**



Army Community Service Trivia



***"Every Day ...
Better"***

Where is the Schweinfurt ACS located?

Ledward – Bldg 242

(09721-96-6751)

M-W & F 0800-1700

Th: 1000-1700



Which ARS
program offers
financial
assistance for
emergencies?

Army Emergency

Relief

*"Every Day ...
Better"*



Which ACS
program will help
you develop a
budget?

Financial Readiness



Which ACS program will teach me Army Abbreviations?

Army
Family
Team
Building



Who do I turn my
volunteer hours in
to?

Army Volunteer Corps



*"Every Day ...
Better"*

**I am stressed out!
How can ACS help
me?**

***Family Advocacy
Programs like
Stress Management***



I don't know where to
go on post to get the
services I need – who
can help me?

Information, referral and follow-up!



I want to learn more
about the Schweinfurt
area – who can help
me?

Relocation Readiness



I lost the instruction
manual for my new baby!
Who can help?

New Parent
Education
and Support



True or False

Victims of Sexual Assault
can only receive assistance
between 0800-1700!

**Sexual Assault
victims can call the
Hotline 24/7 at
0162-271-1413!**

*"Every Day ...
Better"*



My child has special needs. I want to learn about all the services available. Who can help

Exceptional Family Member Program



I want to learn more about
Family Readiness Groups.
Who can help me?

Mobilization and Deployment Readiness



Social Work Services Deployment Resources

- * Individual Counseling**
- * Marital Counseling**
- * Anger Management Group**
- * Combat Stress Group**
- * Men's Personal Development Group**
- * Women's Personal Development Group**
- * Family Leadership Training**

Contact, Director

**DSN: 354-6276 or CIV: 09721-96-
6276**



School Liaison Officer

The link among our schools and all
Community helping agencies and services.

School Liaison Officer

09721-96-6090



**Schweinfurt
Elementary
School
09721-81893**

**Schweinfurt
Middle
School
09721-804301**

**Würzburg High School
09318-89-
7230/7169/6199**



***"Every Day ...
Better"***



WIC Overseas Schweinfurt

Building 381, Kessler Field

DSN: 354-6791

COMM: 09721-96-6791

Office Hours: 0800-1630



What Food Benefits Do WIC Participants Receive?

WIC at a Glance

- Food drafts to purchase specific foods each month:
 - iron-fortified infant formula and infant cereal,
 - iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice,
 - eggs, milk, cheese, peanut butter, beans or peas, tuna fish and carrots
- Designed to supplement a healthy diet.
- We also offer free Nutrition Counseling



WIC Income Eligibility Guidelines

U.S. Army Garrison
Schweinfurt

Annual

Monthly

<i>Family of 2:</i>	\$30,525	\$2,544
<i>Family of 3</i>	: \$38,388	\$3,199
<i>Family of 4</i>	: \$46,250	\$3,855
<i>Family of 5</i>	: \$54,113	\$4,510
<i>Family of 6</i>	: \$61,975	\$5,165

WIC at a Glance

(Note: BAH & COLA are subtracted from gross income when determining eligibility for military personnel).

***“Every Day ...
Better”***



Provost Marshal's Office_ (MP Station)

- **Provost Marshal** - DSN: 350-7062 or cell-phone 0162-296-2716
- **Military Police (MP) Desk Sergeant (available 24 x 7):** DSN: 354-6766/6624
or CIV: 09721-96-6766, or -6624.
- **Emergency:** 114, CIV 09721-96114
- **Polizei Schweinfurt City:** 09721-202330
- **Schweinfurt County:** 09721-202430
- **Emergency:** 110
- **Customs:** DSN: 353-8349 or CIV: 09721-96-8349



IACS

2 Locations for IACS Registration:

1. Bldg 215 (Welcome Center), Ledward Barracks

- New Registration Hours are: 0800-1200, 1300-1600 (M - F)

2. Military Police Compound

- Closed on American Holidays / Open 0800 - 1300 Training Holidays

Immediately report the loss of your Military ID Card, Passport, or any other government-issued identification to the nearest MP Station.

***"Every Day ...
Better"***



Visiting Family Members

(Visits Less than 90 days)

Obtain a temporary visitor's pass by taking these documents to your nearest IACS Office:*

- 1. Visitor's current passport**
- 2. Visitor's flight itinerary back to CONUS (or nation of residence)**

***The command-sponsored family member, Soldier or civilian must accompany the visitor and bring their US ID Card**

Contact IACS Office at DSN: 354-6274

or



CIV: 09721-96-6274

**"Every Day ...
Better"**

Monday to Friday from 0800 - 1600

Visiting Family Members (cont'd)

(Visits Longer than 90 days - require a Tourist VISA)

To apply for Tourist VISA you will need:

- 1. Translated memorandum in German from Housing stating that your visitor will stay with you in government housing or US-sponsored quarters off-post**
- 2. Proof of health insurance; if your visitor does not have insurance or their CONUS insurance does not cover Europe, they can obtain Health Insurance through ADAC**
- 3. Proof of income from the Soldier or US Civilian (e.g. LES or pay stub)**
- 4. Translated memorandum in German stating why they want to stay in Germany for longer than 90 days**
- 5. Form requesting a Tourist Visa from the German Government**
- 6. 30 Euros**

Contact IACS Office at DSN 354-7000 or CIV 09721-96-

**2000 "Every Day ...
Better"**

Mon thru Fri from 0800-1600



Visiting Family Members of Wounded Soldiers

Obtain a temporary visitor's pass by taking these document to your nearest IACS Office:

- Visitor's current passport**

Since the wounded soldier will not be with his/her family member to obtain an installation pass the Rear Detachment Commander will verify through email to the POC that the family member is in fact visiting a wounded soldier.

Contact IACS Office at DSN: 354-6274 or CIV: 09721-96-6274

(Monday to Friday from 0800-1600)



POV Licensing & Registration

Spouse's name must be on the registration (or they must have a Power of Attorney) to conduct POV transactions, example: ship, register, store a POV or buy fuel coupons.

Expired tags / registration, and not maintaining POV insurance are crimes. Your driving privileges will be suspended.

If you get a European police traffic citation / ticket please contact our Polizei Liaison, at DSN: 354-7000 or CIV: 09721-96-7000



Driving USAREUR- Registered Vehicles

Letting licensed friends and relatives drive your
POV in Germany:

**Visit your local military customs office,
Building 2 on Conn Barracks for:**

- AE Form 550-175C-R (Request for Exception
to Policy to Operate a Privately Owned
Vehicle/ Berechtigungsausweis)**
- AE Form 550-175D-R (Authority to Operate
a Privately Owned
Vehicle/Berechtigungsausweis)**



Vehicle Registration

Contact Vehicle Registration at:

DSN 353-8465/8201/8999

Civilian 49-9721-96-8465/8201/8999

Hours of Operation:

Monday - Wednesday, Friday: 8:15 am - 3:15 pm

Thursday: 9:15 am - 4:15 pm

Closed on German and American Holidays

Location: Bldg. 64, Conn Barracks

--located between AAFES Gas Station / Shoppette & the
Vehicle

Inspection Point.

Schweinfurt Home Page information: "Newcomers Assistance / Vehicle
Registration"

<http://www.schweinfurt.army.mil/sites/local/>



Vehicle Registration Information on the Web

Schweinfurt Home Page information: “Newcomers Assistance / Vehicle Registration”

<http://www.schweinfurt.army.mil/sites/local/>

Vehicle Registration information: “General information”

<http://rmv.hqusareur.army.mil/povinfo.htm>

USAREUR POV Regulation: “Registering and Operating in Germany”

<https://www.aeaim.hqusareur.army.mil/library/reg/aer190-1.htm>



"Space A" Travel

- Space Available travel thru AMC Ramstein terminal
 - Flights to Baltimore run approx. 2 - 3 times per week (this destination has the most available seats)
 - Flights also available to Charleston, SC; Dover, DE or San Antonio, TX (usually cargo planes; fewer seats, fewer flights)
- Pets may not travel on "Space A" flights
- General information:
 - Call DSN: 353-8464 or CIV: 09721-96-8464, or
 - <http://www.ramstein.af.mil/SpaceA.htm>
- To place your name on the list:
 - call Ramstein Air Terminal at CIV 06371-46-4440

Notes:

- Space A travelers are not authorized Local Storage of HHG (Special Storage) during absence.
- **Traveler must have a memo signed by the unit commander verifying command sponsorship.**
- **Once during the deployment, dependents may upgrade (round trip) from Class V to Class IV with an additional letter from the Rear-D Commander.**



Family Housing Information

**For Family Housing information
call:**

Phone: 354-6388/6448/6712

Civ: 09721-96-6388/6448/6712



More Family Housing Contacts

Chief: 354-6317

Customer Services: 354-6712

Customer Relations: 354-6388

Government Housing: 354-6448

Leased Housing: 354-6458

Off-Post Housing: 354-6282

Furnishings Branch: 354-6749

Central Processing Facility / Welcome Center: , 354-6801

from a commercial line, dial:

09721-96-xxxx



***"Every Day ...
Better"***

Government Housing Responsibilities

Spouse responsible for quarters during Sponsor's absence

- **Maintain quarters in accordance with Housing Regulation USAREUR Supplement 1 to AR 210-50, APPENDIX W and all local policies**
- **Upkeep of quarters required, e.g. grass cutting, yard work, shoveling snow from sidewalks, security, etc.**
- **Guests may be permitted to reside in quarters during the sponsor's absence. For installation pass support see the Garrison Adjutant or Provost Marshal.**
- **Spouse may sign for quarters and furniture: Power of Attorney *not* required, but sponsor is ultimately responsible for the property.**



Government Housing Responsibilities (cont'd)

Spouses planning to depart our Community for >30 days must:

- Maintain quarters in accordance with Housing Regulation USAREUR Supplement 1 to AR 210-50, appendix W and any local policies
- Prior to leaving the area, arrange for a responsible party to continue the care and upkeep of quarters, e.g. grass cutting, yard work, security, etc.
 - Leave keys with this POC for emergency purposes
- Notify the housing office and Rear Detachment Commander when spouse and sponsor are both absent from the quarters. Provide them with:
 - Name of person responsible for the quarters
 - Duty address and telephone number of responsible party
 - Home telephone number (where and how can we reach you?)
 - **"Every Day ..."**
Length of absence



Terminating Government Housing

- **Power of Attorney is required for anyone other than the spouse or sponsor to terminate government controlled quarters**
- **Coordination must be made with the transportation office for:**
 - Travel of family members
 - Shipment of household goods (HHG)
- **Contact the housing office for detailed information and assistance.**
- **Without PCS or Early Return of Dependents (EROD) orders, a dependent's move is at the sponsor's expense.**



Private Rental Housing Responsibilities

- **Both accompanied and unaccompanied personnel who occupy private rental housing will continue to receive BAH and OHA.**
- **Sponsor is responsible for making arrangements for payment of rent, telephone, and utility bills prior to deployment. Automatic bill paying is highly recommended.**
- **Unaccompanied Soldiers are required to provide the housing office, Rear Detachment Commander and their landlord with the responsible person who will be taking care of their rental unit. Provide this information:**
 - **Name of responsible person**
 - **Their duty address and telephone number**
 - **Their home telephone number**
- **Unaccompanied Soldiers are encouraged to provide their responsible person with a power of attorney to handle problems that may occur during deployment.**



Private Rental Housing Responsibilities (cont'd)

Spouses planning to depart area for >30 days must:

- **Arrange for a responsible party to continue care and upkeep of your rental housing.**
- **Leave a set of keys with this person in case of emergency.**
- **Notify your landlord, the housing office, and the Rear Detachment Commander when spouse will be absent from the quarters. Be sure to provide all of the above with a Stateside phone number and contact information for your POC.**



Terminating Private Rental Housing

- Power of Attorney is required to permit anyone other than the spouse or sponsor to terminate private rental housing
- Coordination must be made with the transportation office for:
 - Travel of family members
 - Shipment of household goods (HHG)
- Proper notice must be given to the landlord as specified in the lease agreement. Contact the Housing Office for detailed information and assistance.
- Without PCS or Early Return of Dependents (EROD) orders, a dependent's move is at the sponsor's expense.

Temporary Lodging Allowance ("Interim TLA")

- Interim TLA is **not** authorized for:
 - Soldiers whose family members terminate their assigned quarters & return to CONUS at personal expense during the deployment
 - Dual military couples without dependents who voluntarily terminate their assigned quarters before deployment
- For more detailed information about TLA entitlements, please contact our housing office



Our Housing Office Exists to Assist *You*

- **Call them at DSN 354-6712 or CIV
09721 96-6712**
- **Visit our Housing webpage at
<http://www.schweinfurt.army.mil/sites/housing/>**



Should I stay in Schweinfurt?

Things to consider when
weighing your options...



Staying in Germany +

- Offer stability to your family by staying where you are.
- Support services are here to help you, such as ACS, CYS, and AER.
- Special needs family members receive assistance from EFMP and other services.
- Rear Detachments, FRGs and the Community resources are here to support you.
- Timely information available. Rear Detachments are in constant contact with deployed Soldiers.
- You will be surrounded by others who are sharing similar deployment challenges.
- DoDDS personnel are familiar with deployment issues.



***"Every Day ...
Better"***

Staying in Germany +

- You will be able to take advantage of the communication options here such as Vidi-Talk and VTC.
- COLA benefits won't change, you may visit the states for 30 days and retain COLA.
- You may use Space A military flights.
- You may travel in Germany and Europe. Parents, relatives and friends can visit you, then travel inexpensively in Europe.



Staying in Germany -

- **Friends & family from home will not be here to offer you support.**
- **You will be without your Soldier in a foreign country.**
- **Must abide by Military Community policies.**
- **German Cultural differences.**
- **Some American products & conveniences are not available.**



Returning to US +

- **Live with parents and/or friends for a year.**
- **Everyone speaks English.**
- **Get away from the Military for a year.**
- **Be with family and friends during times of crisis.**
- **American conveniences, no Euro exchange rate.**
- **Employment opportunities may be better.**



Returning to US -

- **Loss of independence and place to call your own for a year.**
- **Disrupts the routine of the family.**
- **Children must change school, make new connections.**
- **Unit information about deployment won't be as readily available.**
- **COLA will stop (if you are gone longer than 30 days).**
- **Extra cost of supporting two households.**



Returning to US -

- May not have any military support structures nearby.
- Harder to resolve rumors & distorted information in mass media.
- R&R link up challenges.
- Household goods not available to you--they remain unattended for one year.
- Loss of opportunities to travel and experience Europe.



- This is a very personal decision.
- Weigh your options carefully.
- We are dedicated to assisting and supporting you during the deployment.



**This Deployment will bring
*challenges***



**...these can be *opportunities* for you
to soar.**

*"Every Day ...
Better"*



Remember to:

- Discuss issues honestly ***before*** the deployment.
- Don't assume that your partner knows how you are feeling or what you are thinking.
- Important decisions that you usually make together may have to be made by one partner alone during deployment.
- Talk about issues and give your input to your partner now.



Have an Emergency Care Plan for your Children



- Short Term Care - a few days
- Long Term Care - weeks or longer

- Both parents should know the details.
- Have a medical power of attorney from each parent.
- Make sure that the caregiver is willing to take on the responsibility and knows what you expect of them.

- Make sure your short term and long term caregivers have each others' contact information.

*"Every Day...
Better"*



Talk to Your Children About Deployment

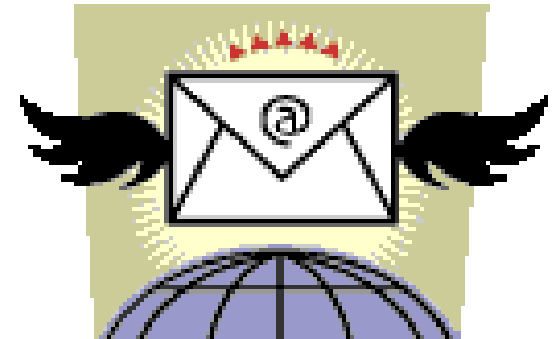
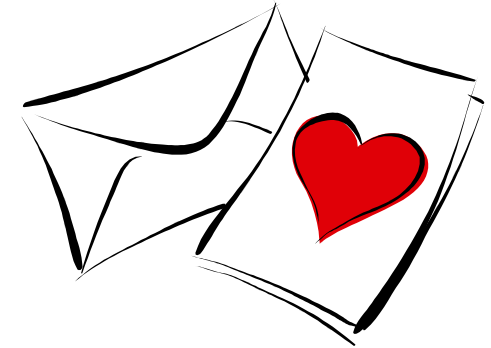
Start by talking with your children about deployment. Explain why Dad/Mom is going, where, with whom and for how long.

- **Encourage older children to talk with younger siblings about their experiences during past separations.**
- **Encourage the deploying parent to spend individual time with each child.**
- **Talk to each other about your feelings—as a family. Let each family member talk about how they feel.**
- **Discuss and set House Rules.**



Have a Communication Plan

- What do you know about communication options at the deployment site?
- How often do you expect a letter?
- Do both of you have AKO accounts?
- Be creative, think “out of the box,” send pictures, video tapes, CDs/DVDs or voice recordings.
- Make calendars for both of you to track special events.
- Take Birthday, Anniversary and other special event/holiday cards with you, or write them before you go.
- Make a children’s communication plan too.



Discuss Money Issues

- Have a budget & financial goals!
- Know each others' incomes and debts. Make sure your partner knows all debts, how often they are paid, when the payment is due, how much you pay each month, and what the current balance is.
- Go over your Leave and Earnings Statement (LES) line by line with your partner. Make sure each of you understands each line!
- Discuss major purchases that need to happen in the next year. Discuss what you think is a realistic limit to spend on major purchases.
- Discuss gift giving. What do you think is appropriate to spend on gifts for special occasions?
- Each partner should have a detailed list of all accounts, bills and other financial information.



***"Every Day ...
Better"***



Know What You Earn *and* What You Spend

- Know all sources of family income.
 - Don't forget things like: rents received, child support, dividend income, etc...
- Talk about budgeting for vacations & Block Leave.
- Set up MyPay access for your Spouse.
 - It's easy to get a restricted pin on line!
- Establish a "Deployed Soldier budget!"
- Know what's being spent downrange and back home!



*"Every Day ...
Better"*

Inventory Important Papers & Documents

- Both partners should know where documents are kept.
- A fireproof box may be a good idea.
- Don't forget about property details. Think: taxes, Renter's Insurance, Emergencies, Titles, Deeds, and Mortgages.
- Keep an inventory of high value items.
- Keep photocopies of every family member's passports, and ID cards.
- Have original or certified copies of Birth, Marriage and Adoption certificates, as well as court decrees (if applicable).
- Make emergency contact lists for both partners. Include family and friends that you may need to contact in an emergency.



Take Good Care of Yourself!

- Have a “Battle Buddy”
- Know who you can turn to when it gets tough
- Know how to manage stress
- Set goals
- Eat Right - shop and cook for good nutrition
- Get enough rest
- Exercise
- Treat yourself to a special outing
- Have “Me” time
- Avoid doing everything yourself...take advantage of Community support & services
- Participate in Community programs



**The key to making it
through this or any
separation,**



**is the work & planning
you do *together*
before it starts.**





School Support for Deployments



***"Every Day ...
Better"***



Tactical Unit Partnership Activities

Soldiers visit classrooms, and interact with students.



***"Every Day ...
Better"***



Directorate of Morale, Welfare & Recreation

Community Recreation Programming:

- Outdoor Recreation
- Day trips
- Movie nights
- Sports programs
- Family member fitness
- Auto skills center
- Library
- Community entertainment
- Arts & Crafts
- Army entertainment shows
- Paintball range



***"Every Day ...
Better"***





Directorate of Morale, Welfare & Recreation (cont'd)

MWR Business Programs:

- Clubs & bowling center will maintain current operating hours
- Full service car repair garage drop off point coming soon
- FRG and spouse's bowling leagues now forming at our Bowling Center
- Clubs will continue to support "Parents Night Out" events with special offers and entertainment
- Rental equipment available to support unit or FRG outings (e.g. grills, tents, fest tables, etc.)
- Events such as DoD shows, Independence Day celebration and Fall Harvest Bazaar support will continue

*"Every Day ...
Better"*



**Garrison Adjutant
BLDG 206, ROOM 104**

**Mon - Fri
0800-1700**

**DSN: 354-1550/1770
CIV: 09721-96-1550/1770**





Want To Make Some Extra Cash?



**Have you thought about doing nails, hair,
or teaching piano lessons out of your
home?**

**If so, stop by your local Commercial Affairs
Office in Bldg. 206, S-1 Section, Ledward
Barracks to obtain more information about
Home Based Businesses!**



**US Army Garrison
Schweinfurt**

2/38th Postal Company

Regional Postal Officer

DSN:353-8206/8208

CIV: 09721-96-8206/8208

Regional Postal Supervisor

DSN:353-8232/8671

CIV: 09721-96-8232/8671



***"Every Day ...
Better"***

2/38th Postal Company

Who to contact for help:

- **Ledward CMR (457) Supervisor**
 - **354-6472 or CIV: 09721-96-6472**
- **Conn CMR (464) Supervisor**
 - **DSN: 353-8843 or CIV: 09721-96-8843**



If you have a MyPay PIN:

Enter your SSN and
PIN and click on the
GO button

If you *don't* have a MyPay PIN

- Select **NEW PIN** under the **NEED A NEW PIN** option on the myPay Home Page.
- You will receive a temporary PIN by email (sent to your Official AKO email address).

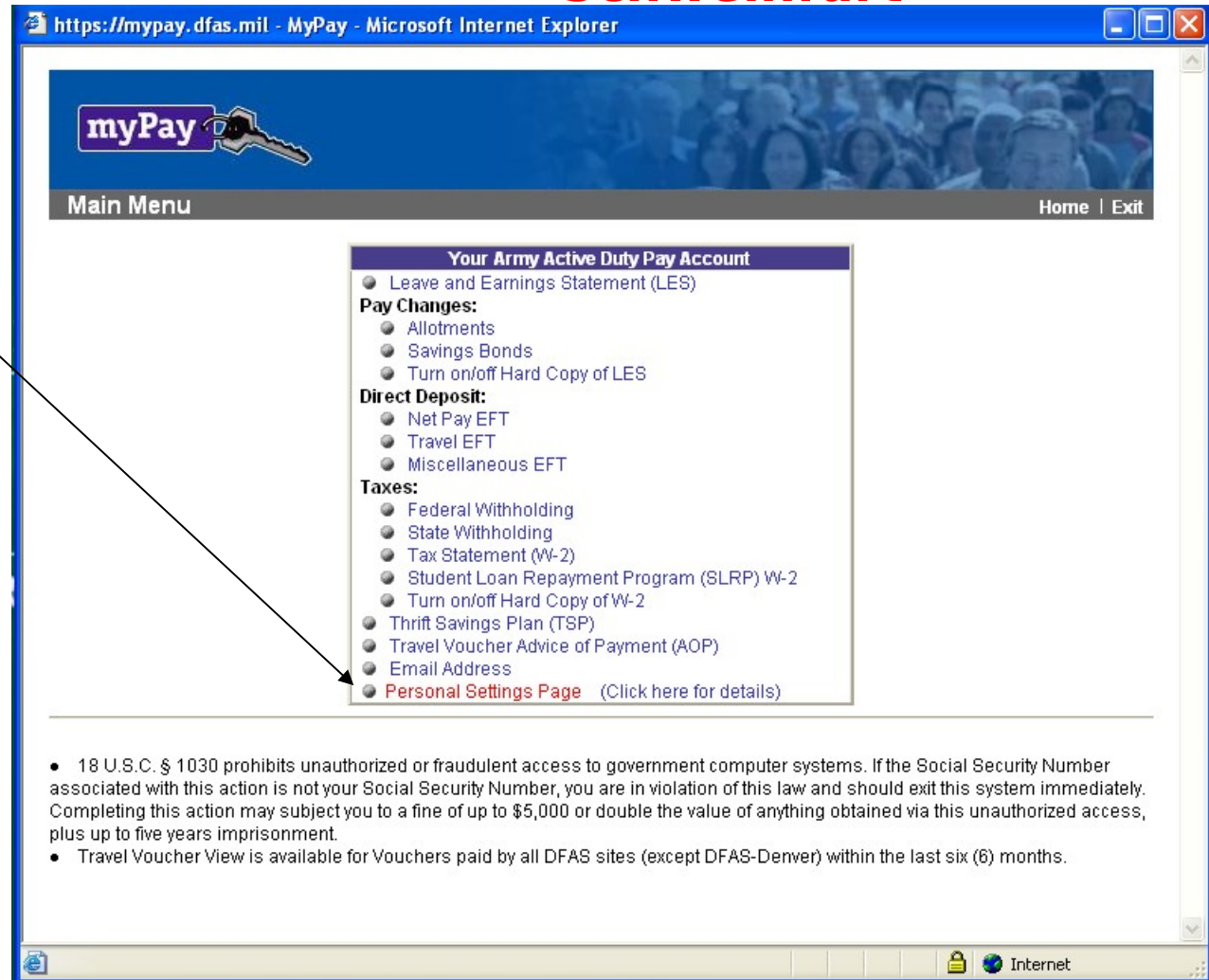
The screenshot shows the myPay website interface. At the top, there's a navigation bar with links: Security, Privacy Notice, FAQ, System Schedule, System Usage, and Contact Us. Below this, the main content area is divided into sections. The 'Account Access' section has two steps: '1. Please Enter LoginID:' with a text input field, and '2. Please Enter PIN:' with a text input field and a 'GO' button. An arrow points from the text 'Enter your SSN and PIN and click on the GO button' to the 'GO' button. Below the login fields, there's a 'Need a New Pin ?' section with a 'New PIN' button. An arrow points from the text 'Select NEW PIN under the NEED A NEW PIN option on the myPay Home Page.' to the 'New PIN' button. The right side of the page contains a 'myPay puts you in control' section with a DFAS logo and text about managing pay information. Below that is 'Your Financial Partner @ Work'. Further down is 'Important Electronic W-2 and Electronic LES Information' with a paragraph about the new policy for electronic wage and tax statements. Below that is '1099R Information' with a paragraph about retired users. At the bottom, there are two columns: 'Popular FAQs' with links like 'How do I get a new PIN?' and 'About your Personal Identification Number (PIN)', and 'NOTICE !!!' with information about Hurricane Katrina updates and newsletters.



US Army Garrison Schweinfurt

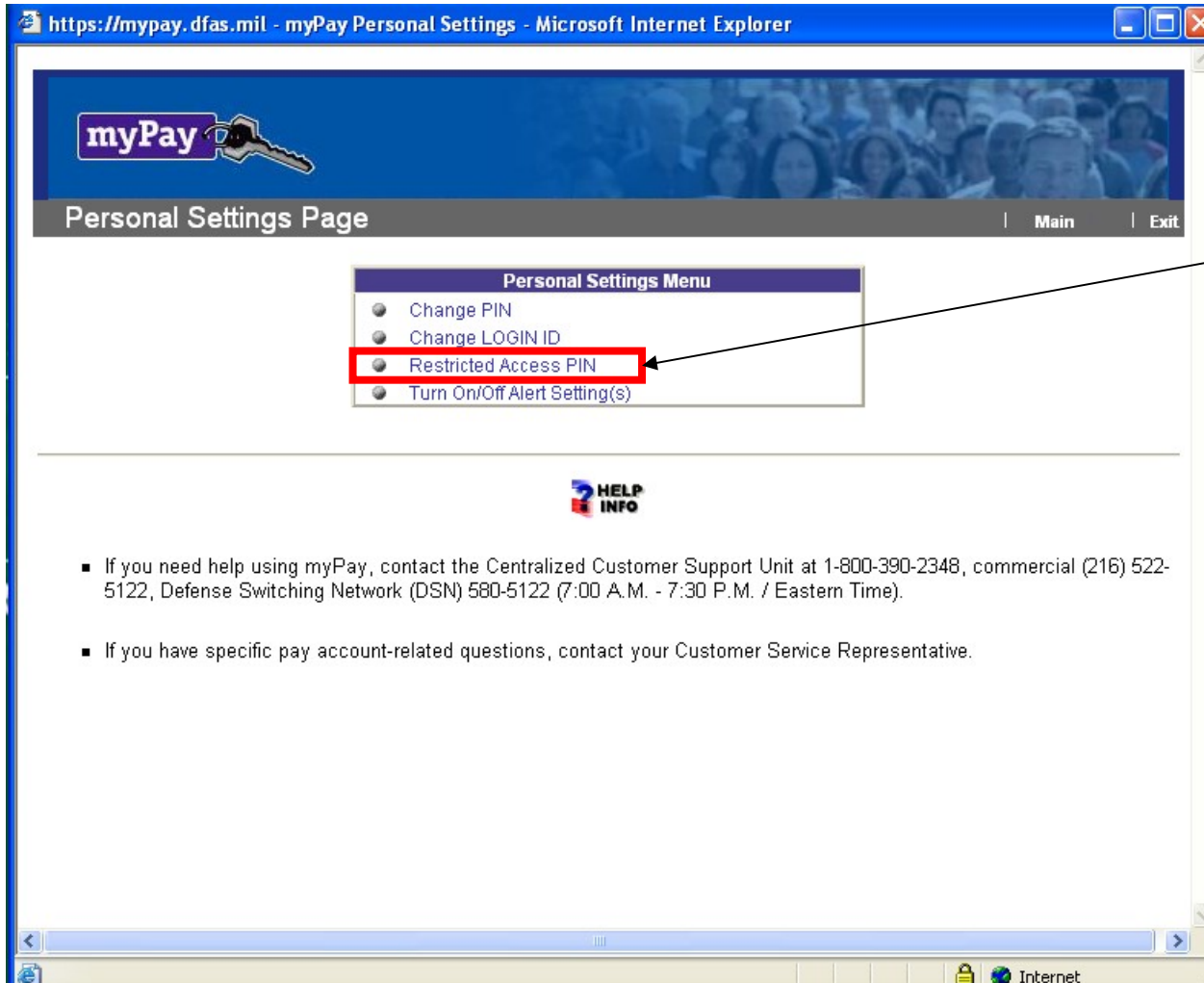
Creating a Restricted PIN

- Log into MyPay,
- Select “Personal Settings Page,”
- then select “Create a Restricted PIN”



*“Every Day ...
Better”*

US Army Garrison Schweinfurt



**Select:
Restricted
Access
PIN**



***“Every Day ...
Better”***

US Army Garrison Schweinfurt

https://mypay.dfas.mil - myPay Restricted Access PIN - Microsoft Internet Explorer



Restricted Access Pin Help Main Exit

Your Restricted Access PIN MUST begin with a letter. It is case-sensitive.
To change the Restricted Access PIN you must enter your Restricted Access PIN Twice:

Enter your new Restricted Access Pin:

Re-enter your new Restricted Access Pin:



- You now have the ability to create a Restricted Access PIN. The Restricted Access PIN may be given to others along with your Social Security Number (SSN) to view your Pay Statements or Tax Statement without allowing them to change your Pay Account. They will gain access by logging into myPay using your SSN and this special PIN that you can create on this page.
- If the Restricted Access PIN is suspended, use the Create or Change option to establish a new Restricted Access PIN.
- If you no longer wish to have a Restricted Access PIN, Select the Delete Option.
- If you established an alternate Login ID, that ID must be used by anyone you may have provided a Restricted Access PIN.
 - Your Restricted Access PIN must Start with a Letter (A - Z) and have at least 3 numbers but not more than 7 numbers
 - Your Restricted Access PIN cannot contain 3 or more repetitive numbers
 - Your Restricted Access PIN cannot contain 4 or more consecutive numbers
- If you need help using myPay, contact the Centralized Customer Support Unit at 1-800-390-2348, commercial (216) 522-5122, Defense Switching Network (DSN) 580-5122 (7:00 A.M. - 7:30 P.M. / Eastern Time).
- If you have specific pay account-related questions, contact your Customer Service Representative.

[Top](#)

**Enter the
desire PIN**

**Then select
the SUBMIT
button**

**CONGRATULATION
S**

**Your MyPay
restricted access
PIN**

is now ready for

***"Every Day ...
Better"***



US Army Garrison
Schweinfurt

Army Substance Abuse Program

Abrams Entertainment Center
Building 444

2ND Floor Room 200

09721-96-1710

- Use side entrance from the parking lot
- All ID card holders are eligible for services



***"Every Day ...
Better"***

What is Binge Drinking?

(“Whole lot of drinking going on”)

- **Men: 5 or more drinks in one sitting**
- **Women: 4 or more drinks in one sitting**
- **Top Three Reasons for Binge Drinking:**
 - **To have a good time**
 - **To get drunk**
 - **To celebrate**
- **What other reasons are there?**



Dangers of Binge Drinking

- Can lead to violence and social problems
- Driving or riding while intoxicated
- Risk > Unexplained sexual activity
- Can cause serious injury or death
- Property damage
- Injuries to self
- Numerous Dangers...with Serious Consequences...



Alcohol is a Poor Choice to Relieve Stress

- People may drink to cope with:
 - **Deployment**
 - **Marital problems**
 - **Financial problems**
- Be aware: using alcohol to relieve stress increases the risk of alcohol abuse

